

Stepping Out



PORTIONING

Objective: To observe the effects of portion size on the nutrients in a meal.

1. Increase the portion size of the Taco Pie recipe.
2. Compare the nutrient contribution of the original portion with the revised larger portion.

Taco Pie		
	Original	Revised
	5.25 oz./Portion	7.25 oz. /Portion
	100 Serving	72 Servings
Calories	247	344
Sodium, mg	760	1055
T-Fat, g	9.08	12.60
Sat-Fat, g	3.29	4.57

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1. What happens to the nutrient data when portion size is increased? ~~The nutrients~~
are increased.
2. How will larger portions affect the students? _____
3. How does portioning affect your ability to meet healthy meal standards? _____
4. How are these factors influenced by increasing the portion size?

	Cost	_____
	Number of Portions	_____
	Preparation Time	_____
	Waste	_____

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